



CENTRAL JUNIOR FLYER CAMP

JULY 19-21
EAU CLAIRE, WI



Join us for the 2nd Annual Central Junior Flyer Camp. USA Nordic Junior Flyer camps create a pathway for athletes and instill skills that are important at all levels. The Camp will be coached by former National Team athlete Nick Mattoon and Sport Development Director Jed Hinkley.

The camp is for 7, 15 and 30 meter jumpers.

CAMP HIGHLIGHTS WILL INCLUDE:

- On-hill and off-hill activities with an emphasis on fun and skill building
- Resource sessions for parents and coaches, and athletes
- XC session with CXC for Nordic Combined athletes
- USA Nordic Swag

Cost: \$120 for Eau Claire athletes and \$145 for others

DATE	TIME	ACTIVITY
FRIDAY MORNING JULY, 19	9:00 - 11:30 AM	CHECK-IN WARM-UP AND JUMPING
FRIDAY AFTERNOON JULY, 19	12:30 - 4:00 PM 4:30 PM - 5:30 PM	DYNAMIC WARM-UP AND IMITATIONS JUMPING EQUIPMENT SAFETY AND WAXING SESSION
SATURDAY MORNING JULY, 20	9:00 - 11:30 AM	WARM-UP, IMITATIONS, AND JUMPING
SATURDAY AFTERNOON JULY, 20	12:00 - 2:30 PM 2:30 - 4:00 PM 4:30 - 5:30 PM	JUMPING FOR SJ, XC WITH CXC FOR NC OFF-HILL SESSION PARENT RESOURCE SESSION
SUNDAY MORNING JULY, 21	9:00 - 10:00 AM 10:00 - 11:30 AM	JUMPING SKILLS BASED COMPETITION
SUNDAY AFTERNOON JULY, 21	12:00 - 1:00 PM	TEAM AGILITY RELAY RACE
		DEPART